

TIMETABLE
U3A HIGHVALE
TERM 1 – JANUARY 29TH TO MARCH 29TH, 2018

ONGOING COURSES

MONDAY	Start	Time	Leader	Freq.	Room
Computer Class A	Jan 29	1.00-3.00	John Keogh	Weekly	CPR
Let's Do?	Feb 26	10.00am	Self-help	4 th Mon	TBA
TUESDAY					
Computer Class B	Jan 30	10.00-12.00	John Keogh	Weekly	CPR
Let's play snooker	Jan 30	9.00-11.00	Fred Kreltzhaim	Weekly	CL
Music Appreciation	Jan 30	2.00-3.00	Kate Borchers & Don Baird	Weekly	DR
Walking & Exploring	Feb 13	10.00 am	Jan Clear	2 nd Tues	
WEDNESDAY					
Computer Class C	Jan 31	10.00-11.30	John Keogh	Weekly	CPR
Ballet & Dance Appreciation	Jan 31	3.00-4.30	Sue Bebarfald	Fortnightly	ML
Feldenkrais (FULL)	Jan 31	2.30-3.30	Kylie Sparkman	Weekly	DR
Tai Chi (FULL)	Jan 31	9.30-11.00	Elva Parker	Weekly	CL
Chinese Mandarin (Beg) (FULL)	Jan 31	9.30-11.00	Claudia Ng	Weekly	Craft
Mah Jong	Jan 31	10.00-12.00	Jenny D'Acre	Weekly	DR
Art Workshop (FULL)	Jan 31	1.30-3.30	Self Help	Weekly	Craft
THURSDAY					
Art Appreciation	Feb 15	2.00-3.30	Mary Nolan	3 rd Thur	TBA
Book Group 1	Feb 22	2.00-3.00	Bobbie Rooks	4 th Thur	CL
Book Group 2	Feb 22	10.00-11.00	Jan Clear	4 th Thur	CL
French	Feb 1	2.00-3.00	Marianne Puccinelli and Arlette Ulrich	Weekly	Craft
FRIDAY					
Chinese Mandarin (Adv) (FULL)	Feb 2	9.45-11.15	Yan Jun Wang	Weekly	Craft
Digital Photography	Feb 9	10.00-11.30	John Keogh	Fortnightly	CPR
Life skills for health & happiness	Feb 2	10.00-11.00	John Keogh	Fortnightly	ML
Yoga	Feb 2	11.30-12.30	Yvonne Woon	Weekly	Pav
Line Dancing	Feb 2	2.00-3.00	Harry Robertson	Weekly	Pav
Current Affairs	Feb 2	2.00-3.00	Self Help	Weekly	DR
Music- Singing	Feb 2	3.30-4.30	Joan Foulcher	Weekly	ML
SATURDAY					
Tai Chi (practice)	Feb 3	9.30-11.00	Leh Soh	Weekly	CL
SHORT COURSES:					
MONDAY					
Mindfulness Meditation (6wks)	Feb 12	10.30-11.30	Laura Celná	Weekly	Craft
TUESDAY					
Mind Fit (6 week course)	Feb 13	10.30-12.00	Smrity Bagga	Weekly	Craft

Russian course – each participant arranges suitable times for meeting with the tutor (Nataliya) to learn the aspect of Russian language or culture that is of interest.

CL - Community Centre lounge area

DR - Community Centre Dining Room

CPR – Community Centre computer room

ML - Manor lounge – enter Gate 3

Craft - Community Centre craft room

WHL – Wheelers Hill Library

Pav - Sports Pavilion, Capital Reserve, Capital Avenue

- **Life Skills for Health and Happiness, Ballet & Dance Appreciation, and Music – Singing** are held in the Manor lounge at Highvale – enter from Gate 3.
- **If a class is full, your name will be placed on a waiting list.**